

Are you interested in improving your mental, physical, and social wellbeing through wild swimming?

# Wild Swimming for Wellbeing

FREE



By the Coldingham Brave Bayers

## Dates:

Mon 19th May to Mon 23rd June 6.30 to 8.30pm (2hrs) **Coldingham Bay.**

**Highlights:** Wild Swimming, Seasonal Yoga, Introduction to snorkelling with Blue Adventures, Marine life and conservation with Berwickshire Marine Reserve.

Wed 11th June to Wed 16th July 6.30 to 8.30pm (2hrs). Men only, **Eyemouth.**

**Highlights:** Wild swimming, Breath work and Art for Health and Wellbeing with Kevin Peden.

Wed 20th August to Wed 24th Sept 6.30 to 8.30pm (2hrs) **Eyemouth.**

**Highlights:** Wild Swimming, Breath Work and Art for Health and Wellbeing with Kevin Peden.

Mon 25th Aug to Mon 29th Sept 6.30 to 8.30pm (2hrs) **Coldingham Bay.**

**Highlights:** Wild Swimming, Seasonal Yoga, Marine life and conservation with Berwickshire Marine Reserve.

All wild swimming sessions will cover: **water safety acclimatisation, equipment, technique** provided by qualified and insured swim coaches.

Self referral for residents in TD postcode.



[coldinghambravebayers@gmail.com](mailto:coldinghambravebayers@gmail.com)  
or text 07539592669



# Wild Swimming for Wellbeing

FREE



By the Coldingham Brave Bayers

This 6 week programme is for people who are looking to improve their mental, physical, and social wellbeing through wild swimming.

This programme is suitable for people who are confident swimming indoors and are wanting to transfer to outdoors, or those who are already swimming outdoors and are wanting to improve their wellbeing.

**Mon 19th May to Mon 23rd June 2025**

6.30 to 8.30pm (2hrs)

**Coldingham Bay**

## Highlights

Wild swimming

Seasonal Yoga, Introduction to snorkelling with Blue Adventures, Marine conservation with Berwickshire Marine Reserve.

Hot drinks and cake provided.

Certificate upon completion.

Your own swim hat to take away.

**The programme will also cover: water safety, acclimatisation, equipment, technique, wildlife and loan of a tow float.**

Activities will be provided by qualified and insured swim coaches.

If you feel you have a barrier to participation please contact our friendly team to discuss.

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# Wild Swimming for Wellbeing

**FREE**



By the Coldingham Brave Bayers

This 6 week programme is for men who are looking to improve their mental, physical, and social wellbeing through breath work, art and wild swimming.

**Wed 11th June to Wed 16th July 2025**

6.30 to 8.30pm (2hrs)

**Eyemouth**

## Highlights

Wild Swimming

Art for Health and Wellbeing with Kevin Peden.

Hot drinks and cake provided.

Certificate upon completion.

Your own swim hat to take away.

**The programme will also cover: water safety, acclimatisation, equipment, technique, wildlife and loan of a tow float.**

Activities will be provided by qualified and insured swim coaches.

If you feel you have a barrier to participation please contact our friendly team direct to discuss.

**Self referral for residents in TD postcode.**



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# Wild Swimming for Wellbeing

**FREE**



By the Coldingham Brave Bayers

This 6 week programme is for people who are looking to improve their mental, physical, and social wellbeing through breath work, art and wild swimming.

**Wed 20th August to Wed 24th Sept 2025**

6.30 to 8.30pm (2hrs)

**Eyemouth**

## Highlights

Wild Swimming

Art for Health and Wellbeing with Kevin Peden.

Hot drinks and cake provided.

Certificate upon completion.

Your own swim hat to take away.

**The programme will also cover: water safety, acclimatisation, equipment, technique, wildlife and loan of a tow float.**

Activities will be provided by qualified and insured swim coaches.

If you feel you have a barrier to participation please contact our friendly team direct to discuss.

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# Wild Swimming for Wellbeing

**FREE**



By the Coldingham Brave Bayers

This 6 week programme is for people who are looking to improve their mental, physical, and social wellbeing through yoga and wild swimming.

**Mon 25th Aug to Mon 29th Sept 2025**

6.30 to 8.30pm (2hrs)

**Coldingham Bay**

## Highlights

Wild Swimming

Seasonal Yoga,

Marine and conservation with Berwickshire Marine Reserve.

Hot drinks and cake provided.

Certificate upon completion.

Your own swim hat to take away.

**The programme will also cover: water safety, acclimatisation, equipment, technique, wildlife and loan of tow float.**

Activities will be provided by qualified and insured swim coaches.

**If you feel you have a barrier to participation please contact our friendly team direct to discuss.**

**Self referral for residents in TD postcode.**



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# Wild Swimming for Wellbeing

## Why Wild Swimming?

Looking for a boost to your wellbeing? Wild swimming might be just what you need!

### Here are 7 reasons to give it a go:

1. **Mental clarity** – Cold water immersion can lift your mood, reduce anxiety, and clear brain fog.
2. **Natural mindfulness** – The water demands presence. Each breath, each stroke, each splash connects you to the moment.
3. **Boosted immunity** – Regular dips can support your immune system and reduce inflammation.
4. **Social connection** – Join a local group like Coldingham Brave Bayers and meet like-minded souls who love nature and community.
5. **Better sleep** – Many swimmers report deeper, more restful sleep after regular swims.
6. **Increased resilience** – Learning to adapt to cold and changeable conditions builds both physical and mental strength.
7. **A deeper connection to nature** – Rain, sun, waves, or calm—every swim is different. Learning to read the water and weather conditions is part of the joy (and safety!). The potential list is endless.

## What's Getting in the Way of Your Swim? Let's Talk Barriers to Participation

At Coldingham Brave Bayers, we know that wild swimming can be a powerful way to connect with nature, boost wellbeing, and find community—but we also know that it's not always easy to get started or keep going.

What might be holding you back?

- No transport to the location?
- Not sure what to wear or bring?
- Nervous about safety or the cold?
- Would rather not swim alone?
- Need support with health conditions or confidence?

You're not alone—and we're here to listen. Our aim is to make wild swimming as accessible and welcoming as possible. Whether it's arranging transport, providing kit advice, or creating gentle introduction sessions, we want to help remove the barriers in your way.

♥ If there's something stopping you from joining us in the water, drop us a message or come have a cuppa at one of our dryland meetups. Let's work together to create space where everyone feels supported to take the plunge.

Contact Coldingham Brave Bayers directly via email or social media or texting 07539592669



- 🗣️ "Absolutely love the open welcome, fun, support, and freely given knowledge."
- 🗣️ "The welcome and hospitality—coaching was excellent."
- 🗣️ "It's a friendly, knowledgeable group with no pressure to do anything you don't want to."
- 🗣️ "New friendships have formed, and the shared experiences make it feel like a big, happy family."
- 🗣️ "Safety measures, social atmosphere, always someone to go in with, different places to try, and, of course, cake."



# Wild Swimming for Wellbeing – Questions & Answers Guide

## 1. Who can attend these sessions?

Anyone aged 18+ with a reasonable level of fitness and a curiosity for nature and wellbeing. No prior wild swimming experience is necessary – just a willingness to try!

## 2. What will each session involve?

Each 2-hour session will include:

- A coached swim (acclimatisation, safety, and technique) and/or
- Themed wellbeing activity (either yoga, art, conservation, or snorkelling)
- Time to reflect and connect with others
- Note: Sessions are led by qualified, insured coaches and local professionals.

## 3. What should I bring?

- Swimsuit/wetsuit (recommended)
- Towels, warm layers, and a hat
- Sturdy shoes or swim socks
- If you have strict allergens please bring own hot refreshments and sweet treat
- Any medication (e.g. inhaler, EpiPen)
- We also recommend bringing a notebook for the art or reflection elements.

## 4. Is it safe?

Safety is our top priority. (CHECK with your GP before submersion if you have outstanding health conditions). All sessions include:

- Water safety briefings
- Acclimatisation guidance
- Support from qualified open water coaches
- Emergency equipment on site
- We'll always check conditions before entering the water.

## 5. I've never done yoga/snorkelling/art before – is that okay?

Absolutely. Each wellbeing activity is beginner-friendly and focused on relaxation, exploration, and creativity, not performance.

## 6. What if I'm not confident in the water?

That's okay! You can take part in as much or as little as you feel comfortable with. We'll support you to build confidence gently and at your pace.

## 7. Is this suitable for people with health conditions or disabilities?

We aim to make sessions as inclusive as possible. Please contact us in advance to discuss your needs – we'll do our best to make reasonable adjustments.

## 8. What's the difference between each programme?

- Coldingham Bay (May & Aug): Includes Seasonal Yoga, Marine Life & Conservation, and an Introduction to Snorkelling (May only)
- Eyemouth (June & Aug): Men-only in June and mixed in August, both featuring Art for Health and Wellbeing with Kevin Peden

## 9. Can I join late or miss a session?

While it's best to attend the full block, we understand life happens. Let us know in advance and we'll try to accommodate.

## 10. What if the weather is bad?

We monitor forecasts closely and always prioritise safety. Sessions will go ahead in most weather conditions, we will still meet and offer a meaningful land-based activity instead.

## 11. How do I book?

Contacting Coldingham Brave Bayers directly via email or social media or text 07539592669

